

**ABSTRACT**

The disclosed embodiments of exercise garments includes a torso portion adapted to substantially cover the torso of a user and one or more flaps. Each flap is secured substantially to a side of the torso portion. The exercise garment also includes at least one fastener adapted to selectively secure the pair of flaps across at least a portion of an abdominal region of the user. The fasteners may include a hook-and-loop arrangement (such as Velcro<sup>®</sup>), buttons or snaps. The illustrated embodiment includes a pair of flaps, which may overlap over the abdominal region when both flaps are secured. The fasteners may be adapted to provide adjustable positioning of the flaps. The adjustable positioning includes variable placement of the flaps relative to the abdominal region. The torso portion may also include a corset arrangement extending from a top portion of the torso portion downward through at least a portion of the abdominal region.